

ABSTRACT OF THE DISCLOSURE

The present invention relates to a weight lifting exerciser with frames, an adjustable cushion, an upright post, a magnetic resistance device movable through a shaft, a resistance adjusting element and pulling grips. The magnetic resistance
5 device includes a coiling wheel, a unidirectional flywheel and an automatic coiling apparatus. A magnet set is fitted to one side of the unidirectional flywheel in such a manner that said magnet set is situated at the rim of the unidirectional flywheel and kept slightly away therefrom without contact therewith. In addition, an electronic resistance adjusting element is utilized to drive said magnet set for adjusting the
10 clearance between the unidirectional flywheel and the magnet set so as to obtain an expected exercise resistance.